

Focus: Distance Kick & Pull Monday & Tuesday

Warm up:

200 Swim Choice

100 (50 Fist Swim + 50 Catch Up)

100 Swim

100 (50 Fist Swim + 50 Catch Up) (500)

2x or 1x thru: Kick & Pull

3 x 100 (50 Kick + 50 Swim) @base +15"

2 x 100 Negative Split @base +15"

1 x 200 Pull Descend by 50's R:20"

1 x 400 (150 Steady + 50 Fast) (2200/1100)

Bonus Options: Pick one of the two, or both

1x thru:

1 x 200 Ez Choice

8 x 50's Odds Ez + Evens Fast (600)

10x "Check off Challenge"

10 x 75 Backstroke (750)

Cool Down:

3 x (50 Free + 50 Back) – Swim, kick, pull choice